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| --- | --- | --- | --- |
| **Supplementary table 1: Participants’ metabolic health** | | | |
| **Variable** | **All**  n = 667 | **NAFLD**  n = 229 | **No NAFLD**  n = 438 |
| **Metabolic syndrome**\* | 265 (40.5) | 139 (62.3) | 126 (29.2) |
| (pre)diabetes | 255 (38.7) | 135 (59.5) | 120 (27.8) |
| High waist circumference | 303 (45.5) | 159 (69.7) | 144 (32.9) |
| Abnormal trigrlycerides | 188 (28.6) | 80 (35.6) | 108 (25.0) |
| Abnormal HDL-C | 222 (33.8) | 95 (42.2) | 127 (29.4) |
| Hypertension | 482 (72.4) | 188 (82.5) | 294 (67.1) |
| **Physical examination** |  |  |  |
| Systolic blood pressure (mmHg) | 136.8 (20.0) | 140.9 (17.9) | 134.7 (20.7) |
| Diastolic blood pressure (mmHg) | 82.4 (10.9) | 84.7 (10.2) | 81.2 (11.2) |
| Waist circumference (cm) |  |  |  |
| Male | 95.0 (11.8) | 92.9 (11.2) | 96.2 (11.9) |
| Female | 95.2 (12.0) | 93.9 (12.1) | 95.8 (11.9) |
| **Biochemistry** |  |  |  |
| Fasting glucose (mmol/L) | 5.5 [5.0, 6.0] | 5.8 [5.3, 6.4] | 5.3 [5.0, 5.7] |
| Triglycerides (mmol/L) | 1.45 (0.68) | 1.62 (0.72) | 1.37 (0.64) |
| HDL-C (mmol/L) | 1.43 (0.40) | 1.31 (0.37) | 1.49 (0.40) |
| **Medication** |  |  |  |
| Antihypertensives | 255 (38.3) | 122 (53.3) | 133 (30.5) |
| Antidiabetics | 15 (2.2) | 13 (5.7) | 2 (0.5) |
| Lipid lowering drugs | 30 (4.5) | 10 (4.4) | 20 (4.6) |
| Data is presented as mean (SD), median [P25-P75] or n and percentage. \*According to the ATP-III criteria. Abbreviations: HDL-C, high-density lipoprotein cholesterol; NAFLD, non-alcoholic fatty liver disease. | | | |